



PRINCIPAL'S MESSAGE

I hope everyone had a wonderful Christmas. Getting back this past week has reminded us again how fast the year is going. We are half way through the year and working very hard preparing for Mid-term Exams.

The second most important thing happening this month is Exam Week. The first most important thing is the preparation for exam week. This is the first opportunity our students will have to experience exam writing. It is important for many reasons. It is an opportunity for students to demonstrate how much they have learned this semester and it is a good indicator of how the rest of the year might go. Students are able to assess their own achievement and decide if more effort is needed to achieve at their anticipated level. It is also a time to evaluate their ability to properly prepare for exams. Provincial exams are now written in grade ten. That is not very far off.

Here is an overview of how exam week will look. Monday, January 26th will be a regular day. Tuesday will be a regular day with shorter blocks. Language exams will be in the afternoon 1:15 am to 3:15 pm. Wednesday and Thursday will be regular exam days. Students will arrive as usual in the morning and will write their first exam at 9:00 am. From 11:00 am to 1:15 pm students will have lunch and study time. Students will be allowed to leave the grounds with permission from their parents. Exams will continue at 1:15 pm and they will run until 3:15 pm.

Friday is a make up day and students will only attend if they have missed an exam. Students writing exams this day will need to be at school promptly at 9:00 am. Buses will run as usual all that week.



We would like our students to take this process seriously. You can help by setting aside time each day this month for your child to review material in each of the core subject areas.

In This Issue:

<i>Principal's Message</i>	1
	1
<i>Help your Child Study for Exams</i>	2
<i>Exam Tips</i>	2
LEAD Carnival Fundraising Update	3
<i>Thank you Band Infomation</i>	3
<i>Basketball</i>	4
<i>Mountain Biking</i>	4
<i>Exam Schedule</i>	4
<i>Healthy Schools Food Cards</i>	4
<i>January Calendar</i>	5

DATES OF INTEREST

- Jan. 20 - OV Music Tour
- Jan. 20 - OV Dance
- Jan. 21—Cyber-bulling presentation at Brooks 7:00 pm
- Jan. 22—Cyber-bulling presentation at OV for students 9:40 am
- Jan. 22 - PAC Mtg. 7:00 pm
- Jan. 23 - District Pro-D
- Jan. 27 - Jan. 29 - Exams

Help your Child Study for Exams**The days before the exam**

Make sure all the memorizing is done a few days before the exam. The best way to avoid last minute cramming is to review what has been taken in class on a daily basis. This makes it easier to learn as the exams draw near. Cramming the last minute sometimes causes panic. Students tend to forget what they spent so much time studying. Have your child go over class notes everyday and then again a few days before the exam. This will build confidence in your child's ability to perform well.

If it is a Math exam, pin up or stick a sheet complete with all the formulae on the wall in their room. The more they look at it, the better their chances of recollection.

Have your child make a set of Cornell notes. This is a very effective method of organizing material for an exam! You will be pleasantly surprised at how much they know, and they will be amazed at how much they can pull from their daily class work.

Mock exams

Encourage your child to prepare mock question papers and answer them. If they are in the habit of studying with friends, ask them to prepare papers for each other. You too can prepare papers for them.

Review

Once your children complete the mock exam, go over their difficult areas. If they are willing to talk it over with you, great, or else encourage them to go over them with their friends. These areas are usually the topics that they had trouble understanding when they did their homework. If your children want to go back to their teacher for clarification, make sure they do so well in advance.

The afternoon before the exam, get them to review their notes. They can solve some questions and go over what they memorized. If they have listed summaries of topics, they can go over these too. The night before the exam, get them to relax. If they have done their review well, they deserve a bit of loosening up. Allow them to do something fun like watching a movie, going out for dinner, playing their favourite musical instrument and so on. For some children, the fear of competition may prevent them from doing so. Try and encourage them to relax.

The final one hour before the exam, get them to go over their formulae sheets. It is always better to tell them to avoid talking to their friends as something they say may confuse them. Most important, make sure they do not cram at the last minute. Anything they learn in such panic may just slide in from one ear and out through the other.

Exam Tips from your Teachers**French**

1. Study the plastic dividers provided for each lesson.
2. Study main concepts in your textbook and workbook.
3. Review all quizzes and tests we did this year.
4. Go on the website www.classzone.com and practice with the flash cards and quizzes.

Math

1. Review "keep sharps" and review packs which teachers have assigned.
2. Seek help at lunch time.
3. Be sure you know which concepts and skills will be tested.

English 8

1. Study your Cornell Notes.
2. Make sure you can identify a complete or an incomplete sentence.
3. Review Punctuation.
4. Review Parts of Speech.
5. Review Subject and Predicate.

Science

1. Study your Cornell Notes.
2. Review Unit vocabulary lists.
3. Review Key Terms at the end of each unit in your textbook.

**Social Studies**

1. Study your notes in your Notebook.
2. Review Chapter Tests.

Klah ah men

1. Study your Vocabulary.
2. Study previous daily 4 quizzes and tests.
3. Review Worksheets
4. Use your flash cards.



LEAD -February 16th

As part of the Health and Career curriculum each year, all students at OV receive education about substance abuse



At the grade 8 level, all students take part in a Drug Education Fair (**Let's Educate About Drugs**) presented by the RCMP, New Life Counselling, and Public Health. These community sponsors make the day productive and educational for the kids. The format is fun and factual with a keynote speaker and several information booths. The students have always benefited from this day as well as enjoying it. Many thanks to Susan Hill, who is the coordinator of the activities and who puts in hours of hard work on the Fair.



Fundraising



Last newsletter we reported that with the help of PAC, Oceanview had raised \$5300. Since then we have continued to collect bottles and cans and we have raised another \$800. We also sold meat orders through Village Meats and raised another \$1200. That puts us at \$7300. It's a long ways from our \$40 000.00 target. But it is a really good start. The bottle and can collection has been successful and we believe with students bringing in the recyclables from home we can raise another \$8 000 by the end of the year. We are still open to suggestions for future fundraising events and we're still hopeful that we can reach our target. We feel that if each student were to contribute in some way, we can make it to Strathcona in the spring.



THANK YOU

Thank you to all the parents who help out with our hot lunch program and chaperoning school dances. Our students and staff really appreciate you're involvement.

Jazz Dinner - January 16th & 17th

This year the Oceanview and Brooks Jazz Choirs will be participating in the 13th Annual Jazz Dinner. This promises to be an unforgettable experience for our students. This year's dinner has an amazing line-up of world class jazz performers including Mr. Allan Matheson! Following are some important details for the performers:
Friday and Saturday performances begin at 7:20 p.m. so please meet in the choir room no later than 6:30 p.m.



Band Elementary Tour—January 20th

9:00 a.m. rehearsal in in the band room
10:30 a.m. performance at Grief Point
1:30 p.m. performance at Kelly Creek.



OV Sports – 2009

Basketball



All students are invited to participate in a Basketball Hot Shot competition happening in the gym everyday at lunch time.

Girls Basketball - Coach is Mrs. Reghelin and Mr. Reghelin is the teacher sponsor.

Practices are Monday and Wednesday after school from 3:30 - 5:00 p.m.

Boys Basketball - Coach is Mr. Miller.

Practices are Tuesday and Thursday after school from 3:30- 5:00 p.m.

Both teams will be travelling to Vancouver Island for the Area III Tournaments on February 13th and 14th.

Mountain Biking



Mountain Biking season is soon here. Last year the mountain biking team from Oceanview and Brooks rode the trails of Powell River, Cumberland and Squamish. This year we'd like to expand our numbers and our travels. The BC championships are being held in Valemont (off the Yellowhead Highway).

Any students interested in joining the BOOMB Squad (Brooks/Oceanview Outdoor Mountain Biking Squad) please speak with Mr. Cocksedge.

NEWSLETTERS are available by email. If we have your address we will send it to you online. Please forward your email to caustin@sd47.bc.ca

Oceanview Exam Schedule

January 2009

Tues., January 27th	Regular classes morning
	Language Exams afternoon
Wed., January 28th	English Exam 9:00 – 11:00
	Science Exam 1:15 – 3:15
Thurs., January 29 th	Math Exam 9:00 – 11:00
	Social Studies 1:15 – 3:15
Friday, January 30th	Exam make-up 9:00 a.m.

All exams will be held in the gym. Students must stay the whole time. Students may leave the school after exams. Buses will run at the usual times.

Healthy Schools

Want to feel great? Then think about what goes into your body. Fast food can bog you down. Eat well and you'll be stronger, have better concentration and more stamina. Your hair, skin, teeth and nails will show the results – and you'll feel better, mentally and physically.

Here are a this month's tips.

Choose low fat milk products. Make low fat milks, yogurts and cheeses your choice. Or consider the non-dairy alternatives such as calcium fortified soy milk. Salmon with bones, almonds, baked beans and broccoli are also good sources of calcium.

Get out of food ruts. Avoid ordering the same foods at lunch from the school store or only eating your favourite foods.

What have you got for lunch? A healthy lunch should include fruit, vegetables, meat or alternatives, dairy products, whole grains and water. If you're still hungry and need more energy, go for low-fat, high-fibre or otherwise healthy alternative like pretzels, granola bars, a baked potato or tortilla chips.



OCEANVIEW FOOD CARDS

Oceanview is now selling Food Cards for Canteen purchases. The cards will be \$20 each, with \$1, \$.50 and \$.25 amounts to be punched out for the amount purchased at the canteen. The cards will not be redeemable for cash.

January 2009 Oceanview Secondary School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Grilled Cheese & Hotdogs \$1 each</p>		<p>Subs & Wraps: \$3.75 & \$3.25 Soup \$1</p>	1	<p>Pizza: \$2.50 (please pre-order) Soup: \$1</p>	3
4	5	<p>Chatelach Boys BBall Team Visiting</p>	7	8	9	10
	12	<p>13 Admin Meeting Boys BBall Team to Chatelach</p>	<p>14 Staff Meeting</p>	15	<p>16 School Attending Jazz Performance at Brooks 9:30 – 10:15</p>	<p>17 Bottle and Can drop off 12:00- 2:00 at Oceanview</p>
18	19	<p>20 Oceanview Music Tour to Elementary Schools Dance 6-9 pm</p> 	<p>21 Cyber Safety Evening Presentation 7:00 pm at Brooks</p>	<p>22 Cyber Safety Presentation 9:40 am OV PAC Meeting 7:00 pm OV Library</p>	<p>23 Professional Development Day No School</p>	24
	<p>26 Regular Day</p>	<p>27 Shortened blocks in the morning. Language Exams 1:15-3:15</p>	<p>28 English Exam 9:00 – 11:00 Science Exam 1:15-3:15</p>	<p>29 Math Exam 9:00-11:00 Social Studies Exam 1:15-3:15</p>	<p>30 Exam Make-up Day 9:00 am</p>	<p>31 Girls Basketball Tournament at Elphinstone Boys at Vanier</p>
Exam Week						



Christmas Follies

